

# SENIOR LUNCH MENU

A confidential, voluntary donation of \$2 per meal is suggested.  
Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Oriental vegetable soup. HOT: Chicken lo mein served with Oriental vegetable blend. COLD: Seafood salad sandwich served with balsamic vinaigrette pasta salad and beet salad. Fruit loaf for dessert.	2	Chicken and wild rice soup. HOT: Meatloaf served with fresh cauliflower and whipped sweet potatoes. COLD: Turkey deluxe sandwich served with carrot pineapple salad and English pea salad. Tropical mixed fruit for dessert.	3	HOT: Hot dog** served with baked beans and cole slaw. COLD: Egg salad sandwich served with broccoli slaw and orzo vegetable salad. Orange for dessert.	4	Kale pasta soup. HOT: Fiesta fish served with corn and zucchini. COLD: Roast beef and American cheese sandwich served with potato salad and a spinach mandarin orange salad with lite Italian dressing. Chocolate pudding with whipped topping for dessert.	5	HOT: Lentil stew served with roasted root vegetables and tossed garden salad with lite Italian dressing. COLD: Curry chicken salad sandwich served with cauliflower carrot salad and macaroni salad. Cinnamon applesauce for dessert.
8	Beef vegetable soup. HOT: Roasted turkey served with whipped sweet potatoes and zucchini and red peppers. COLD: Tuna salad sandwich served with summer potato salad and summer squash salad. Pineapple for dessert.	9	Corn chowder. HOT: Fish Florentine served with whipped butternut squash and red cabbage. COLD: Chicken pesto caesar salad with dressing served with tri-color pasta salad. Pears in juice for dessert.	10	HOT: Lemon dijon chicken served with orzo pilaf and Italian green beans. COLD: Seafood salad sandwich served with broccoli slaw and summer potato salad. Chocolate chip cookie for dessert.	11	Cream of butternut soup. HOT: Italian pot roast served with red bliss potatoes and broccoli florets. COLD: Turkey and Swiss cheese sandwich served with garden shell pasta salad and a spinach mandarin orange salad with lite Italian dressing. Fresh fruit for dessert.	12	HOT: Spinach and red pepper fritatta (V) served with yvonnaise potatoes and orange juice. COLD: Roast beef and Swiss cheese sandwich served with corn salad and cole slaw. Chocolate pudding with whipped topping for dessert.
15	HOT: Stuffed pepper casserole served with kale. COLD: Seafood salad sandwich served with ziti broccoli salad and summer squash salad. Fresh fruit for dessert.	16	HOT: Macaroni and cheese** served with a baked tomato half. COLD: Roast beef and cheddar cheese sandwich served with lo mein pasta salad and cole slaw. Tropical mixed fruit for dessert.	17	White bean kale soup. HOT: Salmon fillet served with Oriental vegetable blend and white rice. COLD: BBQ chicken with mozzarella cheese and red onion served with English pea salad and roman blend salad. Fruit flavored yogurt for dessert.	18	FATHER'S DAY SPECIAL Clam chowder. Beef burgundy served with baked potato, sour cream and broccoli. Angel food cake with strawberries and whipped topping for dessert.		
22	HOT: Roast pork served with roasted potatoes, zucchini and cauliflower. COLD: Chicken salad sandwich served with summer potato salad and roman blend salad. Tapioca pudding for dessert.	23	Beef consomme vegetable soup. HOT: Ravioli in meat sauce served with broccoli. COLD: Egg salad sandwich served with cauliflower carrot and garden shell pasta salad. Mandarin oranges for dessert.	24	Seafood chowder. HOT: Fish sticks served with sweet potato wedges, peas and onions with parsley. COLD: Turkey and Swiss cheese sandwich served with broccoli slaw and potato salad. Pineapple in juice for dessert.	25	Cream of tomato soup. HOT: Honey mustard chicken served with mashed potatoes and fiesta blend. COLD: Vegetarian chef salad (V) with lite Italian dressing and pasta salad with cheese. Birthday cake for dessert.	26	HOT: Veggie burger (V) with American cheese served with roasted red potatoes and spinach. COLD: Roast beef and American cheese sandwich served with balsamic vinaigrette pasta and cole slaw. Fresh fruit for dessert.
29	Mushroom barley soup. HOT: Chicken paprika served with buttered noodles, broccoli and carrots. COLD: Tuna salad sandwich served with tomato red pepper salad and summer potato salad. Fresh fruit for dessert.	30	Pasta e fagioli soup. HOT: Cheese lasagna with meat sauce served with kale and mushrooms. COLD: Turkey and Swiss cheese sandwich served with corn salad, tossed garden salad and lite Italian dressing. Peaches in juice for dessert.	TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.					
**Indicates a high-sodium meal. V Indicates a vegetarian item. NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-388-2303.									

# JUNE 2015



## ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and no more than 1,300 milligrams of sodium. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,300 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

## FOR CALCIUM, POTASSIUM, & VITAMIN D – *Don't Overlook the Dairy Group*

The USDA recommends three servings of low-fat or non-fat foods from the Dairy Group every day. Foods in the Dairy Group include cow's milk, yogurt, cheeses, and calcium fortified plant-based milks. Diets rich in calcium, potassium, and vitamin D increase bone health and help to maintain a healthy blood pressure. Consider incorporating foods from the Dairy Group into your regular diet:

**SWAP IT** – substitute low-fat or fat-free milk (or a plant-based milk) for water when preparing oatmeal, hot chocolate or pancakes.

**YOGURT PARFAIT** – top low-fat or fat-free yogurt (or plant-based alternative such as cultured almond milk or soy yogurt) with fruit slices and granola.

**PIZZA PITTA** – top a whole-grain pita with pizza sauce, reduced-fat shredded cheese and your favorite toppings

**CHICKEN MELT** – melt a slice of reduced-fat Colby Jack cheese over chicken on an English muffin

**SUPER SPUD** – try a baked potato with low-fat plain yogurt, reduced-fat shredded cheese, black pepper and your favorite steamed veggies.

**DIP IT** – cut up pieces of fruit and serve with a low-fat or fat-free vanilla yogurt as a tasty dip.

**YOGURT-SICLES** – pour low-fat yogurt into small paper cups, insert small wooden sticks, and freeze.

**SIDE SALAD** – top a tossed salad with reduced-fat zesty Parmesan or creamy mozzarella

**AMPED-UP VEGGIES** – melt reduced-fat cheese on broccoli, cauliflower, carrots or peas.



### MORE ABOUT PLANT-BASED MILKS AND DAIRY ALTERNATIVES

Lactose-free milk—cow's milk with an enzyme added to it to breakdown lactose (sugar)  
Fortified Soy milks—high in protein; great for baking, in coffee or tea, or in breakfast cereal  
Fortified Almond or hazelnut milks—high in good fats and vitamin E; also excellent for baking, in coffee or tea, and on their own  
Fortified Rice milk—excellent for oatmeal or breakfast cereal